

What will it take?

Posted by FinallyChanging - 18 Jul 2022 21:28

Hi GYE community,

My name is Shlomo and I have been suffering from addiction since I was 10 or 11.

It started out with porn and masturbation for quite a while and progressed when I was around 21 to massage parlors.

I got married and have a large family BH and stopped when I first got married. But after a year life started getting stressful and I resorted back to my old behaviors...slowly. First porn and masturbation and then after a few years back to massage parlors and prostitutes. My wife has absolutely no idea, yes even to those that say she for sure knows...are wrong. I am a master of covering up I know how to block numbers delete texts and erase my waze history. I can put on a fresh face and walk into the house as if nothing ever happened. We certainly have our arguments and differences but our marriage doesnt look that different from most other ppl our age.

I have been trying the 12 step program but it eludes me. Similar to trying to lose weight, I know what I have to do, I just never seem to do it.

I attend meetings here and there, I call my sponsor and read the literature, but I am still acting out. I am not discounting the program but I just dont have the willpower to do whatever it takes to stay sober.

On the other hand my entire internal world is in decay. I feel disconnected, shameful, frustrated and depressed. I put on a happy face for my kids but inside I am dying slowly.

Would love to hear feedback from people who have been in similar situations.

Thanks!

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Re: What will it take?

Posted by No Mask - 19 Jul 2022 00:30

Welcome !!!

I could definitely relate to the big mask, and even a happy mask.....

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Re: What will it take?

Posted by Lchaim Tovim - 19 Jul 2022 01:00

Hi,

Welcome aboard again! Your going to be successful this time. There are many others here who have been in your situation and I'm sure they will chime in. browse the forums and you'll find them as well.

A few things to think about

1-Do you want to stop?

2-what is it that you want to stop?

3-why do you want to stop?

3-what behaviors do you have to change in order to help you stop?

4-are you willing to try to make those changes?

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Re: What will it take?

Posted by frank.lee - 19 Jul 2022 01:19

Welcome!!! Have you tried GYE before? beH this will help you actually become a different, better person.

?Even as you say she does not know, she almost certainly feels that there is something missing in the connection, in your spirit.

Do you feel love for and loved by your wife? Do you appreciate what she does for you?

Did you try therapy?

Hatzlacha!

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Re: What will it take?

Posted by Teshuvah4real - 09 Aug 2022 18:48

WOW! What a struggle...

All I can say is just please stay strong!

I know it's a tough step, but perhaps delete all your contacts who you reach out to when your down. Try to get out of this rut and I'm sure Hashem will give you the strength to get through this.

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Re: What will it take?

Posted by YidFromMonsey - 09 Aug 2022 21:27

Definitely relate, congrats on taking this first step of opening up here.

I believe your next step should be to come up with the reason why you want to stop in the first place, sounds like everything's working out for you, is it just about feeling guilty? Because it's a sin?

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Re: What will it take?

Posted by AlexEliezer - 10 Aug 2022 17:31

What's missing from your post is motivation.

You would like to stop, but there is nothing pressing.

Sometimes an addict needs to hit bottom before he is truly ready to grow.

I suppose if your wife came back from the doctor with a diagnosis of a sexually transmitted disease, things would shift in a big way.

But so far, so good.

I agree with frank.lee. We think we're all so smart and can fool everyone; make it seem like everything is OK. We're all great husbands, fathers and lovers.

Until we find out our wives are crying and dying inside from lack of connection with the man they committed their lives to.

For me, my motivation was that the dual life became intolerable.

And the struggle was miserable. You know the cycle -- sneaking hits of lust here and there, fighting the urge to go further, ultimately giving in, feeling duped and guilty, or just numb. Repeat.

It's much easier to fight this battle from outside the ring. I just need to stay out of the ring.

Once I'm dabbling in lust, I'm in the ring, it's exhausting and I'm going to get clobbered.

I was tired of being out of control. Of having a base desire control my life and my actions.

I wanted to be whole, to be real.

Fantasies are sweet. Like candy. But real food is so much better.

You did write:

"On the other hand my entire internal world is in decay. I feel disconnected, shameful, frustrated and depressed. I put on a happy face for my kids but inside I am dying slowly."

Real life isn't candy, but it can be very sweet.

None of us can give you motivation. I'm just sharing my own.

Maybe others can share also.

Maybe something will click for you.

Before something snaps.

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Re: What will it take?

Posted by Secu1988 - 10 Aug 2022 18:45

wow Shlome i can relate you are on the right path

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Re: What will it take?

Posted by 5Uu80*cdwB#^ - 10 Aug 2022 21:29

[AlexEliezer wrote on 10 Aug 2022 17:31:](#)

Until we find out our wives and crying and dying inside from lack of connection with the man they committed their lives to.

WOW, what a powerful line! Absolutely true.

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Re: What will it take?

Posted by AlexEliezer - 11 Aug 2022 15:36

Until we find out our wives are crying and dying inside from lack of connection with the man they committed their lives to.

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Re: What will it take?

Posted by ColinColin - 22 Aug 2022 22:43

Welcome @FinallyChanging

Your post hints that you are very sensitive person.

You have strong emotions, and care about others.

So you will always have to take extra care of yourself.

I might be wrong, but I bet your visiting massage parlours etc is a way of coping with stress and pain?

It's not really about lust.

Learn what stresses you.

Learn ways to cope.

Be nice to yourself....always have ready a positive activity that is enjoyable...that you can do when stressed.

Don't take on too much...a wife, children and job, and learning is enough for you.

By all means do acts of Chesed, give Tzedakkah, but don't commit to many things.

It's too much for sensitive people.

Helping others makes you feel good, and should be done, but you need to keep helping yourself.

You have to have time for yourself as part of your everyday life.

Have a creative interest - reading, writing, art, music etc.

Focus on a simple life.

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Re: What will it take?

Posted by Strugg - 06 Sep 2022 23:05

I'm struggling the same way so many times I tried to stop again and again I can't anymore it's so hard and I want to stop

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Re: What will it take?

Posted by Strugg - 06 Sep 2022 23:07

I don't have interest in anything I'm feeling so down and sad nothing interesting me please help me

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